

PLANNING TO QUIT

Quit Kit Book 2



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Preparing To Quit: What To Expect

This book will help you plan your approach and decide on the method that will work best for you. You can think of it as a map that will help plan your journey to a healthy new life as a non-smoker.

As you read through this book, you'll learn that no two people quit smoking in exactly the same way. That means that the technique that helped your spouse or your best friend quit may not work for you. This book will help you begin to understand your own relationship with cigarettes, so that you can find the method that's most helpful for **you**.



Notes:

How Hard Will Quitting Be?

We'll be honest: quitting isn't easy. Nicotine is addictive, and smoking is a powerful habit. On the other hand, the benefits of quitting are enormous: better health, more years of life, and more money in your pocket. Quitting takes a great deal of work and determination. You can begin to understand the sort of work involved once you identify the three main problems of quitting:

- Nicotine is an addictive drug, and most people who quit experience **physical withdrawal symptoms**, or unpleasant signs that your body is overcoming its dependence on nicotine. Common withdrawal symptoms include headaches, nausea, drowsiness or trouble sleeping, and difficulty concentrating.
- You probably use cigarettes to help you handle **emotions** and **stressful situations**, and you'll need to find ways of dealing with these situations without smoking.
- Smoking is a **habit** that is hard to break.

Quitting is a big step. Your best defense is to **be prepared**. Think ahead to all the times and situations when you will want to smoke, and plan to do something else instead. This book can help you prepare.



What To Expect When You Quit

For A Few Days:

You may notice slight dizziness or light-headedness, a cough, or a runny nose. These symptoms are the first to pass.

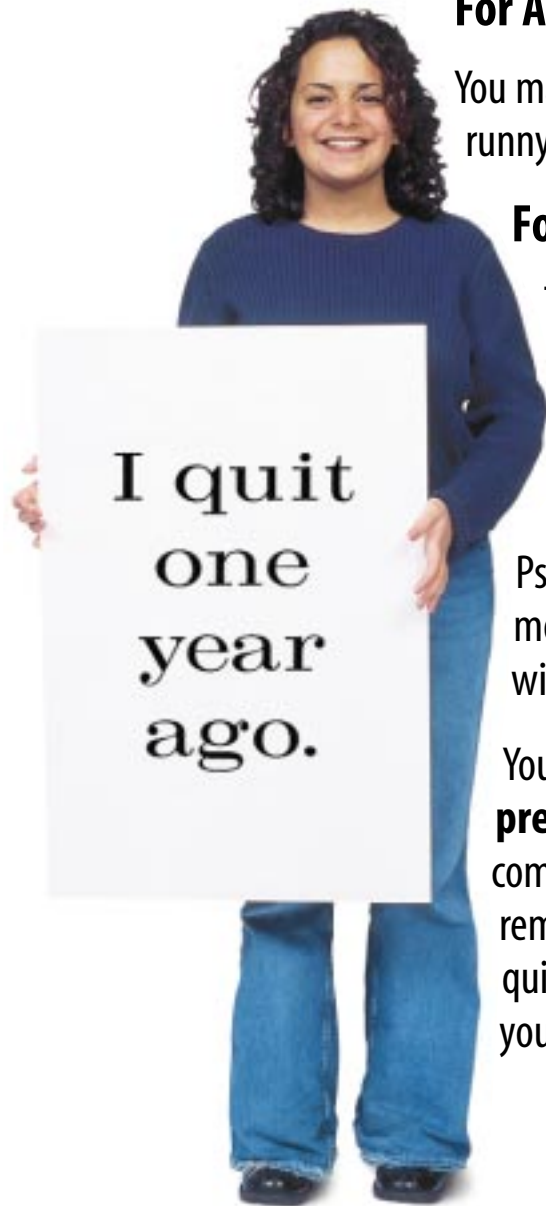
For A Week Or Two After Quitting:

This is when you can expect physical withdrawal symptoms such as headaches, sleepiness or trouble sleeping, increased phlegm, increased hunger, or digestive changes.

For A Month Or Two After Quitting:

Psychological cravings or urges to smoke usually last for a month or more, until the habit of smoking starts to fade. You will develop your own defenses against these urges.

You will probably also feel **increased stress and emotional pressure**. Feelings of irritability and trouble concentrating are common. But if you are prepared, they won't overwhelm you. And remember, there are plenty of positive emotions associated with quitting! It's not an easy task, and you should be proud of yourself for having the courage to take it on.



Notes:

What Is Going On Inside

You'll probably start to feel better physically soon after you stop smoking. And with good reason — you are physically better! Here are just a few of the positive changes that take place when you stop smoking:

- **A few hours after you stop smoking** — your carbon monoxide levels fall to normal and the oxygen in your blood increases.
- **One day after you stop smoking** — your risk of a heart attack starts to go down.
- **Two days after you stop smoking** — your nerve endings start to repair themselves, so your senses of taste and smell begin to return to normal.
- **Two weeks after you stop smoking** — your lungs are working 30% better than they did before you quit.

You Start Getting Healthier — And Wealthier — On Your Very First Day As A Non-smoker. That's Because:

- Your blood pressure and heart rate are no longer artificially elevated.
- Your risk of smoking-related heart disease drops 50% in your first year as a non-smoker, and your risk of lung cancer decreases steadily.
- Quitting smoking will often lead you to other healthy behaviors such as exercise and improved eating habits. Many ex-smokers find that living a healthier lifestyle becomes a positive addiction!
- Quitting smoking will save you money. Just look at the numbers for a pack-a-day habit:
 $\$4.00 \times 365 = \$1,460$

And the cost of cigarettes is going up, not down. Think of it as a bonus — and a double bonus if you're at two packs a day: **$\$4.00 \times 365 = \$1,460 \times 2 = \$2,920!$**



What If I Gain Weight?

Not everyone gains weight when they quit smoking. Those who do gain an average of seven pounds. This is because smoking artificially speeds up your metabolism, and it returns to normal after you quit. But weight gain doesn't have to become a problem. There are many things you can do to help keep weight off. Here are some tips to get you started:

Choose Healthy Snacks

You may find yourself wanting to snack instead of smoking. Choose healthy snacks, like fresh fruit, low-fat yogurt, fruit milkshakes, vanilla wafers, animal crackers or low-fat cheese.

Review Your Regular Diet

Make sure you're eating a healthy diet that's light on fat and includes plenty of fruits and vegetables.

Exercise Regularly

Regular exercise is one of the best things you can do for your body. It strengthens your heart and lungs, makes you feel fit, and reduces your urge to smoke.



Notes:

Plan For Quitting Step 1: Pick The Best Route For You

Here are some popular alternatives that have helped people stop smoking successfully:

Nicotine Replacements — Patches Or Gum

Using the patch or gum just about doubles your chances of success. Nicotine patches and gum help ease the physical withdrawal from smoking by reducing the physical craving for nicotine when you stop smoking. Many nicotine replacement products are available without a prescription. Your doctor or health care provider can help you decide which is best for you.

Zyban (the Stop-Smoking Pill)

Available by prescription only, Zyban is a pill that helps lessen the urge to smoke. It is not a nicotine replacement. It works on the parts of the brain that control the desire to smoke. Your doctor can help you decide if Zyban is right for you.

Zyban Combined With The Patch

One study reported in early 1999 that Zyban is twice as effective as the patch in helping people kick the habit, and that use of the two together was even better. Used together, the patch and Zyban helped more than 35% of smokers stay off cigarettes for a year. Talk with your doctor to see if you should think about using them together.

Start A Healthy Habit!

A healthy lifestyle doesn't have to be a chore. In fact, many ex-smokers find that their new healthy lifestyle becomes a positive habit. It's easy to get used to looking better and having more energy!

Don't Be Too Hard On Yourself!

Even if you do gain weight, it might be a good idea to postpone any major changes in your diet or lifestyle until after you've quit for a while. By quitting smoking, you're already making one major change in your life, and you may want to give yourself time to get used to it before making another change. And remember, being a few pounds heavier for a while is much healthier for you than continuing to smoke.

See the "Other Resources" page in Book 3 for places to get more information about adopting a healthier lifestyle.

Things To Keep In Mind About The Patch Or Gum:

- For nicotine substitutes to work, they must be used exactly as directed. They can be dangerous if you use them and continue to smoke. Remember that nicotine is an addictive poison. The only reason you are using it to stop smoking is so that you can control and reduce the amounts of nicotine your body takes in and eventually end your addiction to it.
- Nothing you do in a carefully monitored program of nicotine replacement therapy is going to be worse for your health than just continuing to smoke.
- Nicotine substitutes help only with the physical withdrawal. They do not keep you from missing cigarettes. You still have to control your habit. This is why substitutes work best when they are used along with another approach, such as a smoking cessation program or a support group.



Notes:

Is Nicotine Replacement Therapy Right For You?

Nicotine is an addictive drug, but some people are more strongly dependent than others. Answering the questions below will help you determine how physically dependent you are on nicotine and help you decide whether the nicotine gum or patch may be right for you.

- Do you need to smoke in the first half hour after you wake up?
- Do you get a strong, gnawing hunger for a cigarette if you have not smoked for a while?

If you answered, "yes" to both of the above questions, then you may be quite addicted. But, that does not mean you will find it any harder to quit than others. The physical cravings for nicotine do not last long. Most people experience withdrawal symptoms for about two weeks after quitting. If you are worried about being able to stay quit because of these symptoms, you may want to talk with your doctor about nicotine replacement options.



Smoking Cessation Programs

Many hospitals and other health-related organizations offer smoking cessation programs. Ask your doctor about smoking cessation programs in your area or call your local chapter of the American Lung Association — it's listed in the telephone book. You can also design your own program based on what you know about your life, your reasons for smoking, and the obstacles that you think will be hardest for you to overcome when you quit.

Michigan Guide to Quit Smoking Programs:

<http://www.mdch.state.mi.us/smoke/intro.htm>

Other Ways To Quit

You may have heard of other ways to quit — expensive classes and self-help courses, acupuncture and hypnotism. But most of the millions who quit just do it, cold turkey. This kit can help you prepare and give you a greater chance of quitting once and for all.

Remember, no one program is perfect for every smoker who wants to quit. In fact, research has shown that you have the best chance of success if you use several methods together. Quitting is a very individual matter. Only you can decide whether you're ready and which program or combination of programs is best for you.

Going Cold Turkey

Quitting All At Once.

For a lot of smokers, this is the best way to kick the habit, even though in many ways it's the hardest.

Tapering Off — Gradually Reducing The Number Of Cigarettes You Smoke Each Day.

Research has shown that this method is usually less effective than going cold turkey or using nicotine replacements or smoking cessation groups. The problems with this approach are:

- As you reduce the number of cigarettes you smoke each day, each cigarette can become more important to you — and that may make it harder to take the final step of letting go completely.
- You may become satisfied to remain at a certain number of cigarettes per day instead of really quitting.
- Finally, if you do continue at a reduced level, the number of cigarettes per day often goes up again, either gradually or in a moment of weakness or crisis.

You may find it useful to taper off the number of cigarettes you smoke per day as your quit date approaches. However, it's still important to set a date when you will give up smoking completely.

A Combination Approach.

Using several methods together probably gives you the best chance of quitting and staying cigarette-free.

20 Years – Then Cold Turkey

Amy, 46, of Ionia, smoked cigarettes for 20 years before she went cold turkey. She smoked a pack to a pack and a half a day. "In general, I am an all-or-nothing kind of person, so I never tried to quit until I was convinced that it was time," she said.

Amy sought to replace smoking with other things. Now, for example, instead of smoking that first cigarette each day, she goes for a morning walk.

“When you think you want a cigarette, think again. Ask yourself, ‘What is it I really want? More sleep? Energy I should be getting from food?’ Once in a great while, I still have an urge to have a cigarette — but I can quickly figure out that it’s not a cigarette I want, and I know that there are other ways to meet my needs.”

After reviewing your Reasons for Smoking, What to Expect, and Methods, think about the role smoking plays in your life and decide which methods will best help you quit for good.



My Methods Of Quitting Are:

Plan To Quit

Step 2: Making A Plan

Now that you have decided to quit smoking, it's important to prepare for it. Review the section **What to Expect** — you'll need to prepare yourself for the withdrawal symptoms so there are no surprises. Being prepared is your best defense. This is very important. Anticipating problems ahead of time will give you the ammunition you need to deal with sudden cravings.

Make a list of problems and solutions (things you are going to do when you are feeling the urge to smoke). Be sure to list all of the situations where you usually smoke (e.g. driving, after a meal, talking on the phone). Then think of ways to deal with each situation without smoking. Knowing what to do ahead of time will help you get through the times when the urge to smoke is strongest.

You can also expect some physical withdrawal symptoms for a week or two after you quit. On the next page is a list of difficulties that smokers often experience and some suggestions for effective ways of dealing with them. Which ones do you think will work best for you? There's also space for you to write in your own solutions.



Notes:

Symptom:	How I will cope:
Sudden craving for a cigarette	Take a few deep breaths Brush my teeth
Feeling irritable	Take a few deep breaths Take a hot bath
Trouble sleeping	Avoid caffeine in the late afternoon and evening Call my doctor
Trouble concentrating	Take a walk outside Take a break Lighten my schedule for a few days Remind myself that this will pass in a few days
Sleepiness	Get plenty of sleep Try to be more active Take a nap during the day if possible
Indigestion, gas, or constipation	Drink plenty of fluids Make sure I'm getting enough fiber from foods like raw vegetables, fruit, and whole grains Try to get more exercise Ask my doctor about over-the-counter medicines that might help
Cough or a runny nose	Remind myself that these things are signs that my body is starting to repair itself from damage caused by smoking and that they'll go away within a few weeks

Note:

In some situations, it may be very difficult to find a good substitute for smoking. In that case, it's best to avoid that situation until your urge to smoke gets weaker. For example, it's often very difficult for ex-smokers to avoid lighting up when they're drinking. So it's probably best to avoid alcohol for a while after you quit — unless you're absolutely sure that there won't be any cigarettes available.



Be Prepared!

Once you have decided to quit, start to think of yourself as a non-smoker. No matter which route you take to being a non-smoker, you can help yourself by anticipating some of the problems you might encounter and deciding what to do about them. You might even want to rehearse the scenes when you know you will be tempted to have a cigarette. Here are some alternative things to do when the urge to have a cigarette hits you.

Have a snack: Keep some low-fat treats, like pretzels or carrot sticks, on hand for when you crave a cigarette.

Practice deep breathing exercises: Breathe in slowly and deeply. Hold your breath and count to five. Breathe out slowly. Repeat five times. This has a calming effect and can help distract you from your urge to smoke.

Drink water: Water helps satisfy the need to put something in your mouth and your body — and it is good for you. Flavor it up with orange or lemon slices. Use a straw.

Brush your teeth: Keep a toothbrush handy when you go out and at work. Brushing your teeth will help distract you from your cravings.



Plan To Quit Step 3: Set A Quit Date

It's best to set a specific date when you will stop smoking altogether. It sometimes helps to pick a date that has some special significance — your birthday, your child's birthday, a holiday, etc. Take your time! Take a week, two weeks, even a month to prepare if you think you need it. Just make sure that you set a specific date and stick to it.

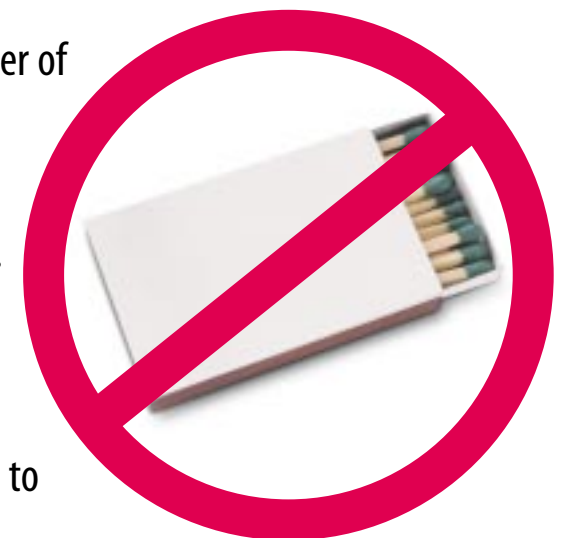
There are things you can do to prepare yourself as your quit date approaches. We've included some suggestions below, but feel free to add to the list!

- ☐ Start to break routines that you have associated with smoking — drink tea instead of coffee, change the order of your morning routine, drive to work a different way
- ☐ Clean your home, remove or throw out anything that you use for smoking — ashtrays, lighters, matches, etc.
- ☐ Have your car cleaned and deodorized so the smell doesn't make you want a cigarette
- ☐ Start smoking with the opposite hand than you're used to
- ☐ Limit your smoking to places that are not comfortable or familiar

- ☐ _____
- ☐ _____

Set your Quit Date, mark it on the calendar, tell your friends and family.

My Quit Date is ____ / ____ / ____.



Notes:

“We’ll Quit Together”

Dorothy, who lives in Taylor, had smoked for 30 years and was half of a smoking couple. Then her husband, a welder, developed pneumonia, and his physician told him he had to quit. “I told him, ‘We’ll quit together.’ I already wanted to quit, and all I needed was that little extra shove.” She smoked about a pack a day.

Dorothy used the patch, a three-stage method that delivers decreasing amounts of nicotine. She was at the first level for a month. With the second, she didn’t feel that the conventional six weeks was enough, so — with her physician’s approval — she stayed on it for four months. She skipped the third level altogether.

Dorothy said the patch was effective but that the habit of smoking was still hard to overcome. “When I first got on the patch, I found you still feel you need something in your hand, so I cut off a straw and held that in my hand and put it in my mouth,” she said.

Dorothy said she gained about 15 pounds after she quit but that she decided not to worry about it. “I said, ‘Let’s do one thing at a time.’” She later lost most of the gain. Now, “I have a lot more stamina to do things, and it’s nice to be able to go places and not have to worry about ducking out for a cigarette,” said Dorothy. She has also caused a ripple effect. “Several real good friends have quit after taking me as an example,” she said.

Still, she said, “I miss it when I’m out in my boat. I find myself reaching for a pack of cigarettes that isn’t there. But I programmed my mind to think that if I light up, I would get deathly ill.”

(P.S. — Dorothy’s husband succeeded in quitting, too.)



R

Remember The Three R's:

During the next few days, you may find that one of the most difficult tasks is to start thinking of yourself as a non-smoker. You may find yourself thinking dangerous thoughts like “one cigarette won’t hurt,” or “I don’t have to quit right now — I’ll try again in a few weeks.” At times like these, it’s helpful to remember the three R’s:

R

- **Remind** yourself why you’re quitting.
- **Refuse** to let negative thoughts take over your brain. For instance, if you find yourself thinking, “One puff won’t hurt,” push that thought away — remember: **you are a non-smoker.**
- **Rehearse** difficult situations ahead of time. Remember the plan you made for dealing with tough situations and practice what you’re going to say out loud.

R

Notes:

On Your Quit Day, Remember This:

The Physical Addiction Will Not Last Long

You’ll be through the worst in a few days. Your cravings will get shorter, weaker, and further apart.

It’s Worth It

Quitting may be difficult at times, but think of all you get in return: a longer and much healthier life and more money. Try not to think about what you’re giving up — think about what you are giving yourself.

Take Things One Urge At A Time, One Day At A Time

Every time you use your plan to overcome an urge it is a victory for you. Every time you can look back on a whole day of not smoking, you’ll be closer to your goal of being a permanent non-smoker.

You Can Do It!

Whenever your will power feels weak, give it a boost by reading over your reasons for quitting. And tell yourself you will make it — one day at a time. And remember, each day will get easier. Good luck!

